

# HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

## October 2019



**BREAST CANCER**  
AWARENESS MONTH

**Nurse Advice Line 24/7**  
800-TRICARE  
(800-874-2273)

**Hampton Roads  
Appointment Center**  
(866) 645-4584

**Emergency Room**  
(757) 953-1365

**Pharmacy Refill**  
Local: (757) 953-MEDS (6337)  
Toll Free: (866) 285-1008

**Information**  
(757) 953-5008

**Customer Service Office**  
(757) 953-2600

**Relay Health Secure Messaging**  
<https://app.mil.relayhealth.com/>

Check out  
NMCP  
on social  
media



## Zumba For Weight Loss

Zumba is a high energy form of aerobic exercise inspired by Latin dancing and can be a fun way to increase your physical activity as well as your daily calorie burn.

To lose weight, you'll need to create a calorie deficit by burning more calories than you are consuming. You can do this by reducing your daily caloric intake, increasing your physical activity, or a combination of the two.

You may be able to burn between 300-900 calories during an hour of mid to high intensity Zumba. Doing Zumba two or three times a week, combined with weekly strength training sessions and a balance diet, may help your weight loss goals.

How many calories you'll burn doing Zumba depends on a number of factors, including:

- Age
- Weight
- Current level of physical fitness
- Intensity during workout

If you want to increase the number of calories burned during Zumba, upping the intensity of the workout can help. You may also burn more calories and fat by participating in high-intensity interval training (HITT) or try a class that includes weights for strength training.

Zumba can be an enjoyable way to fit in aerobic exercise each week and help you meet your weight loss goals. Combine Zumba with strength training and a healthy diet for best results. Always check with your doctor before starting a new fitness routine.

## Never Too Late To Start Exercising

Good news for couch potatoes. Even if you have spent more time binge watching Netflix than hitting the gym over the course of your life, studies suggest it is never too late to start exercising.

Even if you have never worked out before, you still have the ability to build muscle. If you are new to working out in the gym, you want to start slow and get familiar with the equipment by asking staff to help. By gradually increasing your weights over a period of time you can potentially avoid injury.

Obviously a long-term commitment to good health and exercise is the best approach to achieve whole body health, but even starting later in life will help delay age-related frailty and muscle weakness.

When stimulus is applied to the body, it makes adaptations to moderate the stress. Actin and myosin are the two major proteins inside muscle that are responsible for muscle contraction. They increase as we work out, building more protein so muscles get stronger. The process of building muscle begins the second that you ask your muscle to do something challenging and unfamiliar, whether that's picking up a dumbbell, performing a pushup, or sprinting on a treadmill.

You don't have to be a gym rat your whole life to make a difference. You don't even have to do long intense workouts every day. Small amounts of exercise can add up to big changes.

In short, the experience level of the exerciser doesn't really matter as long as the resistance or exercise is challenging. Before you begin a new workout, always talk with your doctor and practice safety. Its time to feel better and more confident in yourself.

## **Breast Cancer Awareness**

### **NMCP Public Affairs Office**

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer.

Breast cancer can begin in different parts of the breast. A breast is made up of three main parts: lobules, ducts, and connective tissue. The lobules are the glands that produce milk. The ducts are tubes that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) surrounds and holds everything together. Most breast cancers begin in the ducts or lobules.

Breast cancer can spread outside the breast through blood vessels and lymph vessels. When breast cancer spreads to other parts of the body, it is said to have metastasized. Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are —

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer. If you have any signs or symptoms that worry you, be sure to see your doctor right away.

Choosing the treatment that is right for you may be hard. Talk to your cancer doctor about the treatment options available for your type and stage of cancer. Your doctor can explain the risks and benefits of each treatment and their side effects. Side effects are how your body reacts to drugs or other treatments.

Sometimes people get an opinion from more than one cancer doctor. This is called a “second opinion.” Getting a second opinion may help you choose the treatment that is right for you. Screenings cannot prevent cancer but it can help find breast cancer early. Talk to your doctor about a breast cancer screening.

## **HEALTHY WEIGHT**

### **ShipShape Weight Management Program:**

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

**Right Weigh:** 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

## **TOBACCO CESSATION**

### **Tobacco Cessation Class**

1st and 3rd Tuesday  
of every month from 1 – 3 p.m.

### **One-on-One Counseling**

Call today to schedule!

For more information, call  
(757) 953-1927 or 953-1934



# OCTOBER

# BREAST CANCER AWARENESS MONTH



# National Physical Therapy Awareness Month

NMCP Public Affairs Office

You probably already know that breast cancer awareness is an important topic during October. But did you also know that physical therapy (PT) and the specialists who practice it are celebrated during the same month?

The goal of National Physical Therapy Month (NPTM), which is listed on the U.S. Department of Health and Human Service's National Health Observances Calendar, is to raise awareness of the key role that physical therapists and physical therapy assistants can play in helping people find relief from pain, improve mobility and overall functional ability, and live healthier, more physically-able lives.

National Physical Therapy Month was established in 1981 by the American Physical Therapy Association (APTA). The APTA stated the purpose of the month-long campaign is to recognize the physical therapy profession's efforts to 'transform society by optimizing movement to improve the human experience.'

Each year, the APTA selects a theme to be the main focus of National Physical Therapy Month. Past NPTM themes have included specific conditions and aspects

## BENEFITS of Physical Therapy

As evidence-based health care professionals, physical therapists are experts in mobility and physical performance.

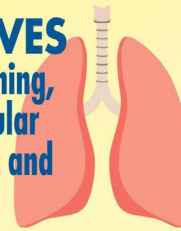
Decreases and/or eliminates **PAIN**



Improves coordination, **BALANCE** and muscle strength



**IMPROVES** your breathing, cardiovascular functioning and endurance



**Promotes** wound healing



**RESTORES NORMAL MOVEMENT** for standing, walking and running

Augments **EFFECTIVE RECOVERY** from surgery, major illnesses or disabilities



## GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
  - Interactive maps
  - Pharmacy wait times
  - Telephone directory
  - Relay Health
  - ICE feedback
- and so much more!**



Available on the  
**App Store**

ANDROID APP ON  
**Google play**

Download from  
**Windows Phone Store**

of physical health, including low back pain, posture, balance, fitness and obesity, and sports injury prevention.

The connection between opioid drug abuse and physical therapy may not seem clear until you consider that taking medication for pain caused by things like a knee injury, shoulder surgery, or chronic low-back problems is a common way for someone to become hooked on opioid drugs. By helping people to manage pain and disability with hands-on therapy and physical exercise, physical therapists actually can play a huge part in combating the opioid crisis.

During National Physical Therapy Month, physical therapists and PT clinics are encouraged to engage their communities in activities to promote healthy lifestyles and to raise awareness of the importance of PT. This can be a

great opportunity to take advantage of public offerings from local PT clinics such as free posture screenings, balance assessments, or fun runs.

If you happen to be a physical therapy patient during the month of October, there's a good chance that the clinic you go to will be celebrating National Physical Therapy Month.

Prestigious medical institutions also recognize the power of physical therapy in treating mental and emotional disorders. Let's make this month all about taking care of ourselves.

Your physical therapist is a health care professional that helps people move better and feel better. He or she helps to promote healthy lifestyles, and the profession should be celebrated. Be sure to visit your local PT during October to celebrate National Physical Therapy Month!

# 118,000

patients with a PCM at one of our 10 facilities

# 22

Medical Home Port teams

# 440,000

patients we serve – active duty, retired and families

# HEALTH LITERACY

Health literacy is the degree to which individuals can understand, communicate, and act upon health information.

## 24 MILLION

Americans are not proficient in English.



One in three American adults are in basic or below basic health literacy groups

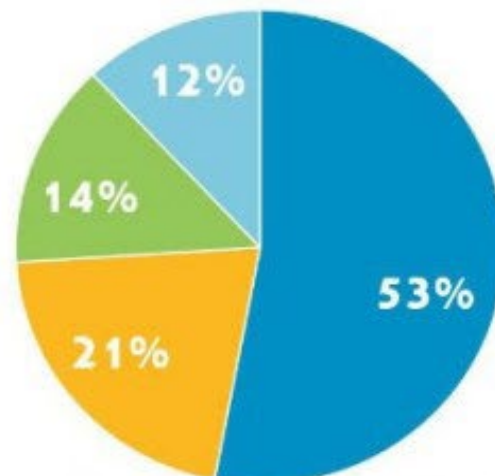
The average American reads at a

## 7<sup>TH</sup> GRADE LEVEL

## 9/10

adults have a difficult time using health information that is available in healthcare facilities, stores, and in the media.

## AMERICAN ADULTS' HEALTH LITERACY LEVEL



■ Intermediate ■ Basic ■ Below Basic ■ Proficient

As clinicians, what we say does not matter unless our patients are able to understand the information we give them well enough to use it to make good health-care decisions. Otherwise, we didn't reach them, and that is the same as if we didn't treat them.



**REGINA M. BENJAMIN**  
FORMER U.S. SURGEON GENERAL

People from all walks of life can struggle with health information.

However...

older adults

immigrants

minorities

individuals with

low incomes

are more likely to have difficulty with health literacy.